



## DIABETES & GUM DISEASE

When you have diabetes, your chances of getting gum disease increase.

There are more bacteria in your mouth right now than there are people on Earth. If those germs settle into your gums, you've got gum disease. "Not me?" you say. Here are the facts:

- **More than half of all adults have at least the early stages of gum disease.**
- **About 90 percent of adults have gum disease during their lives.**
- **If you have diabetes, you are at higher risk for gum problems. People with diabetes tend to have more gum disease and infections. Poor blood glucose control makes gum problems more likely.**
- **Gum disease can start at any age. Children and teenagers who have diabetes are at greater risk than those who don't have diabetes. Just when you thought the news was all bad, remember, there is a lot you can do to fight gum disease:**
  - **Learn how gum problems start.**
  - **Brush your teeth twice a day.**
  - **Floss your teeth every day.**
  - **Look for early signs of gum disease.**
  - **Visit your dentist at least twice a year.**

Source: [American Diabetes Association Website](#)